

DR. HARIDWAR PATIL'S

Spandan

PREVENTIVE CARDIAC CARE CLINIC

A Ray Of New Hope for Heart patients



EXTERNAL COUNTER PULSATOR (ECP)

*The full stop solution for
Heart Blockages and Angina*

ECP CHELATION AYURVED YOGA

What is ECP?

External Counter Pulsation (ECP) is a non surgical therapy for angina, heart disease, high blood pressure, and other condition involving poor circulation. ECP is mechanical procedure in which long inflatable cuffs (like blood pressure cuff) are wrapped around both of the patients legs. ECP has two potential beneficial actions on the heart. ECP effectively pumps blood in to the coronary arteries. Second its deflating action just as the heart begins to beat; ECP creates something like a sudden vacuum in the arteries. The ECP pumping console then rapidly inflates and deflates the leg in time the heart beats.



Does ECP treatment eliminate the need for bypass surgery?

Unlike procedures such as bypass surgery and balloon angioplasty, ECP treatment is administered in outpatient session, carries little or no risk and is relatively comfortable. Some patient with more extensive disease or who have a disease of the left main coronary artery may require bypass surgery. ECP treatment is an option for patient who unwilling to undergo them. For patient who have undergone multiple invasive procedures and for whom additional surgery carries excessive risk, ECP treatment may be the only way obtain relief from crippling angina.

External Counter Pulsation is a **US FDA** Approved Treatment for heart diseases.

It increases blood flow to the diseased arteries by 200% and opens up collaterals thus it relieves chest pain and difficulty in breathing. The patient can walk longer, breath easier and have a much better quality of life. The five year survival rate is the same for surgery, stents and ECP.

Who Can Benefit From ECP ?

- ♥ Those who have been advised bypass surgery.
- ♥ Those who cannot afford the cost of bypass surgery.
- ♥ Those who have other disease which make them unfit for surgery, e.g. coexisting diabetes mellitus, bronchial asthma, kidney failure, Thyroid disorders, old age i.e. more than 80 years.
- ♥ Those whom have already had bypass surgery done a few yrs earlier and don't want to suffer the experience again.
- ♥ That patient cannot afford the exorbitant cost of angioplasty (up to Rs. 3.75 lacs with who cheaper sent and reopro).
- ♥ Those patients who have chest pain or breathlessness of cardiac origin and do not wish to undergo any further investigation can go for E.C.P. directly.
- ♥ Patients who's stent have got blocked again.



INDICATIONS

Heart - Stable Angina, unstable Angina, Congestive Cardiac Failure, MI.

Brain - Cerebral arteriosclerosis, age related atrophic changes, ischemia dementia, Autism, parkinsonism paralysis

Hypertension

Peripheral vascular disease - Blockages in vessels of lower limb etc.

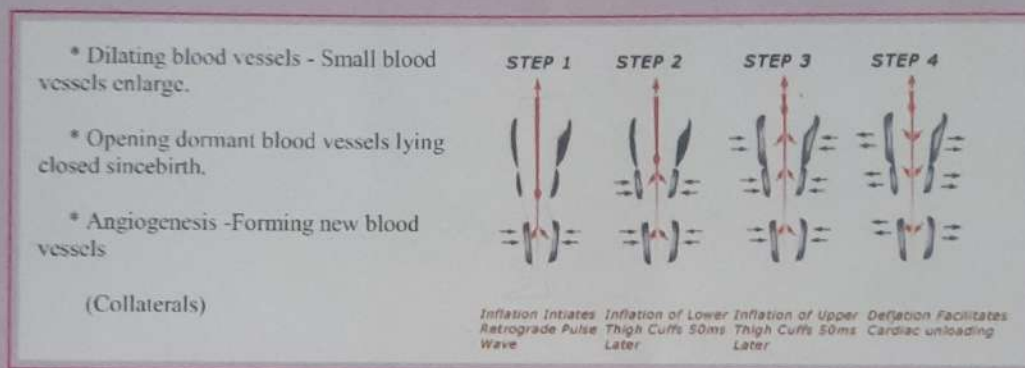
Diabetes

One & only zero side effect treatment for heart diseases

No cut, No Blood, No reaction, No contraindication

How does ECP Works?

Actually it is a quite simple. The patient lies on a couch in A/C room. The legs, thighs and buttocks are enclosed in rubber bladders like those in BP cuff. Three electrodes are placed on the chest wall to monitor the heart rhythm. One sensor is placed on index finger or earlobe to monitor the pulse wave. The machine is then started and it sends pressure to the air bladder synchronized with the heart beats in such way that when the heart contracts, a negative pressure wave is sent through the legs so the blood meets with very little resistance. When the heart relaxes (during diastole) positive pressure waves sends the blood back to the heart in more effective manner. So the coronary perfusion is increased by 200%. This causes the collapsed collaterals to reopen and provide blood to areas starved of oxygen.



In brief ECP results in

- ♥ Increased diastolic perfusion pressure.
- ♥ Increased coronary perfusion.
- ♥ Increased coronary collateral flow to ischemic regions of myocardium.
- ♥ Decreased ventricular load.
- ♥ Increased venous return.

How does the patient know it benefits him?

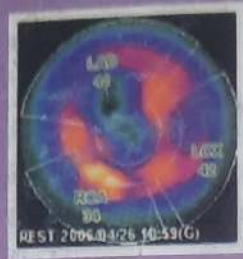
- ♥ Patients start feeling better in 3-5 days. His chest pain becomes less and his difficulty in breathing becomes better.
- ♥ He can walk longer distance without onset of chest pain. His daily need of sub lingual nitrite tablets (sorbitrate or GTN). reduces dramatically.
- ♥ TMT or exercise test is done before and after ECP the ST segment depression seen before is markedly decreased e.g. a 2-3 mm ST segment depression can easily become 0.5 - 1 mm after 35 days of ECP. The patient who could not exercise say 4 min on the treadmill earlier can now exercise 10 minits without onset of chest pain or breathlessness.
- ♥ Echocardiography is done before and after ECP. Ejection fraction or the efficiency of the heart improves from say 25% to 40% after 35 days of treatment.
- ♥ There may be visible improvement in the ECG in the form of heart rate, ST segment depression and entopic .
- ♥ Stress Thallium done before and after shows improved blood perfusion i.e. blood flow can be seen in those areas of the heart which were earlier starved of blood. Thus we see a marked improvement in almost all parameters of cardiac function measured before and after ECP



BENIFITS OF ECP TREATMENT

STRESS THALLIUM

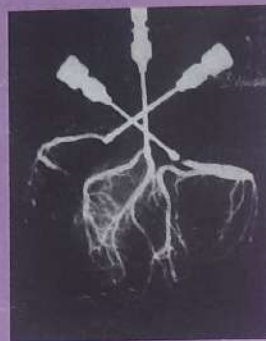
Before



After



ANGIOGRAPHY (Experimental Heart - Dog)



EECP increases blood flow:

To heart by 20-42%

To brain by 22-26%

To kidneys by 19%

EECP also increases heart's output (stroke volume) by 12% by reducing after load. This improves LVEF.

WHAT NEXT AFTER ECP ?

According to 'Shushruta' (The First Surgeon of this world)

“एकं शास्त्रं अध्यायिनो नाहि उच्चितम् ।”

Which means only one science be never the best, its the combination of sciences that gives great results to serious elements. And hence we at 'Spandan' use the formula of combination of Ayurveda + yoga + chelation which creates an impact on the above said elements in such a way that patients start getting results in few settings only

CHELATION - To improve Elasticity of blood vessels and to arrest new plaque formation

AYURVED - To Detoxify whole cardio vascular system.

YOGA - For better stress management .

LIFESTYLE MODIFICATION - Only solution to avoid metabolic disorders

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